



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-7600**

ARMY BULLETIN NO. 16

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AGR MAKE-UP ARMY PHYSICAL FITNESS TEST AND WEIGH IN (COFS)

1. References:

- a. AR 350-41, Training in Units, Chapter 9
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training

2. The AGR Make-Up APFT will be conducted on Monday, 080830 JUL 02 and 081130 JUL 02. The test will be administered at the APFT field location on 18th Street and Doughboy Loop, Fort Dix, NJ. Major Commands have been assigned specific times for the APFT. All AGR soldiers who did not test on 15 or 29 Apr 02 are required to attend this event. The rain date for this event is 11 JUL 02.

3. APFT Schedule and Personnel Requirements: See Enclosure 1.

4. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform (PFU) is authorized, however, any soldier wearing the new PFU is reminded that the new uniform cannot be mixed with the old PFU).

(2) Optional items for wear are gray or black biking shorts which may be worn under the gray or new black PFU shorts.

- b. Headphones are not authorized during the conduct of the test.

5. Report location is building 6894 (APFT Track) in PFU uniform, to include soldiers on profile. Report time is 0800 and 1100 respectively.

6. Administrative Requirements for each MSC:

- a. A roster of all Make-Up APFT AGR personnel (See format in enclosure 2) will be forwarded to this HQ ATTN: CW5 Andrews, NLT 19 JUN 02.
- b. Temporary and/or Permanent Profiles since 29 Apr 02 will accompany rosters. The office of the Chief of Staff retains the DA Form 705 for each AGR soldier.

7. Taskings for events and equipment support.

a. G3 schedules, procures, and clears APFT site and buildings 6894 and 6897 for the event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and 130 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site and buildings 6894 and 6897 for 11 JUL 02 if event is postponed due to inclement weather. Schedule two stationary bicycles with ergometers at Griffith Field House for both 08 and 11 JUL 02 or have a stationary bike available at the APFT site and located indoors. Procure two (2) one-speed or multispeed bicycles for event.

b. G4 provides water with cups in building 6894 and at APFT track. Provide two scales and tape measurers for height/weight verification in drill hall, building 3650.

c. G6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.

d. Det 5, HQ STARC provides two medical personnel to support APFT and screen profiles. Provide two soldiers on 26 Jun at building 3650 to screen AGR profiles.

8. Taskings for Site Support:

a. Headquarters, STARC provides 10 FTSF soldiers for weigh-in, height verification, and tape test. The G-3 will provide the OIC and NCOIC, and has tasking authority for STARC HQs. Provide computer hardware and software necessary to print tape test results, and set-up drill floor for the event.

b. T3BL provides 12 FTSF soldiers with OIC/NCOIC for APFT administration.

c. USP&FO provides 4 FTSF soldiers for APFT administration and will report to the T3BL OIC for assignment.

9. Coordinating Instructions:

a. G-Staff Site Support OICs will back brief their support plans to the Chief of Staff on 271000 JUN 02.

b. The drill floor at HQ, NJNG will be set up NLT COB 5 JUL 02.

c. Scales will be calibrated at the time they are set up on the drill floor.

10. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General



FRANK. R. CARLINI
COL, IN, NJARNG
Chief of Staff

DISTRIBUTION: A, A2, B, C

2 Encls

1. Schedule and Personnel Requirements
2. Roster Format for AGR Soldiers

APFT SCHEDULE

PERSONNEL

REPORT TIME

Last Name from A to L

0800

Last Name from M to Z

1100

PERSONNEL SUPPORT REQUIREMENTS

| <u>MAJOR COMMAND/UNITS</u> | <u>DATE/TIME</u> | <u>PERSONNEL</u> | <u>LOCATION</u> |
|----------------------------|--------------------|------------------|-----------------|
| T3BL | 08 Jul 02/0730 | 12 | APFT Track |
| HQ, STARC | 08 Jul 02/0730 | 10 | Bldg 3650 |
| USP&FO | 08 Jul 02/0730 | 4 | APFT Track |
| Det 5, HQ STARC | 08 Jul 02/0730 | 2 | APFT Track |
| Det 5, HQ STARC | 25- 26 Jun 02/0730 | 2 | Bldg 3650 |

- FTSF soldiers are required for APFT support. Soldiers must have a current APFT, and meet height/weight standards of AR 600-9 to perform the duty. Uniform is BDU for testers and support personnel.

AGR APFT ROSTER

| <u>RANK</u> | <u>NAME</u> | <u>UNIT</u> | <u>APFT Events</u> | | | <u>Alternate Aerobic Event</u> |
|-------------|-------------|--------------|--------------------|-----------|---------------|------------------------------------|
| | | | <u>PU</u> | <u>SU</u> | <u>2 Mile</u> | |
| SGT | DOE, JOHN | CO C 2/113 | X | X | X | |
| CPT | DOE, JAMES | CO C 250 SIG | X | X | | Bike (Stationary or Track) |

X – Indicates soldier takes the APFT event
Blank entry indicates soldier has valid military profile